

Claims

We claim:

1. A method of administering essential nutrients from alfalfa sprouts to animals or humans in an amount of 540 mg twice daily to reduce certain risk factors of cardiovascular disease.
2. The method of claim 1, wherein 12.5 mg of B-6 is therein mixed and administered twice daily.
3. The method of claim 2, wherein 500 mcg of B-12 is therein mixed and administered twice daily of vitamin B-12.
4. The method of claim 3, wherein 500 mcg of Folic Acid is therein mixed and administered twice daily.
5. The method of claim 1, wherein the composition is administered as an oral dosage form.
6. The method of claim 5, wherein in the oral dosage form further comprises a member selected from the group consisting of immediate release, extended release, pulse release, delay release, control release and combination thereof.
7. The method of claim 5, wherein the oral dosage form is selected from the group consisting of a chewable tablet, a quick dissolve tablet, an effervescent tablet, a hard gelatin capsule, a soft gelatin capsule, reconstitutable particles, microparticles, a suspension, an elixir, a caplet, a fortified food, a pudding, a yogurt, a gelatin, a cereal., a nutritional bar, and combinations thereof.
8. The method of claim 1, wherein the administration occurs once during a twenty-four hour period.
9. The method of claim 1, wherein the administration occurs at least twice during a twenty-four hour period.
10. The method of claim 1, wherein the method further comprises providing indicia indicating the time period for administration.
11. The method of claim 1, wherein the method additionally comprises administering a vitamin compound, a derivative thereof or mixtures thereof.

12. The method of claim 1, wherein the vitamin compound, the derivative thereof or the mixtures thereof are selected from the group consisting of a B vitamin compound, folic acid compound, a vitamin C compound, a vitamin D compound, a vitamin E compound and mixtures thereof.